



CONSERVANDÆ

BONÆ VALETVDINIS PRÆ-

cepta, longè saluberrima Regi Angliæ

*quondam a Doctoribus Scholæ Salernitanæ*

*versibus conscripta, pristino suo nitore*

*restituta, & rhythmis Anglicanis illustrata.*

THE  
*SALERNÆ* SCHOOLE.

OR,

The Regiment of health.

THAT IS,

*Physicall obseruations, for the*  
perfect preseruing of the body of  
Man in continuall health.



EDINBURGH,

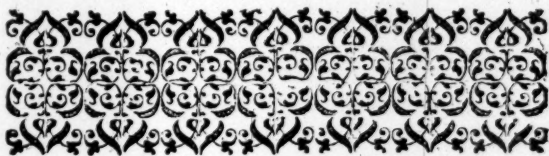
Printed by *Andro Hart*, and

*are to be sold at his shop, on the North-side of*  
the hie street, a litle beneath the Crosse.

ANNO DOM. 1613.



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# THE PRINTER

to the Reader.

**R**EADER, the care that I haue of thy health, appeares in bestowing these Physicall rules vpon thee: neither needst thou be ashamed to take lessons out of this Schoole; for our best Doctors scorn not to read the instructions. It is a little Academic, where euery man may be a Graduate, & proceed Doctor in the ordering of his owne body. It is a garden where all things grow; that are necessary for thy health. This medicinable Tree grew first in Salerne, from thence it was removed, & hath borne both fruit & blossoms a long time in England: It is now replanted in a wholesome ground, and new earth cast about it, by the hand of a cunning Gardener, to keep it still in flourishing. Much good husbandry is bestowed vpon it: yet whatsoeuer the cost be, thou reapest the sweetnesse of it for a small value. For thy better vn-

## To the Reader.

derstanding thereof, I haue printed the Latine precepts with their English immediatly after them, that thou lighting vpon some harde or vnacquainted words, the one may serue (as it were) for a commentrie to the other, And where the Translator (as in sundrie places of the booke you may marke) hath exceeded the Latine, borrowing sentences from Mediciniers, either ancient or moderne, these I haue divided from the rest, with the title Addition before them, that thou erre not in thinking, that through my negligence their Latine hath bene left out. Fare-well, gentle Reader, and not onely, diligentlie read, but also carefullie practize these precepts, not sparing to buy for a litle money, that which may bring great good to thy bodilie health, if  
(as no doubt) thou loues  
the same.

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## *Ad Librum.*

**G**O booke, and (like a marchant) new ariu'd,  
Tel in how strange a traffik thou hast thriu'd  
Vpon the Countrey which the Sea-god faues,  
And loues so dear, he binds it round with waues:  
Cast Anchor thou, and impost pay to him,  
Whose Swans vpon the brest of *ISIS* swim.  
But to the people that do loue to buy,  
[It skills not for how much] each nouelty,  
Proclaime an open Mart, and sell good cheape,  
What thou by trauell and much cost dost reape.  
Bid the gay Courtier, and coy-Lady come,  
The Lawyer, Townsman, & the country groom,  
Tis ware for all: yet thus much let them know,  
There are no drugs here fetcht from *Mexico*,  
Nor gold from *India*, nor that stinking smoke,  
Which English galants buy themselves to choke  
Nor silkes of *Turkie*, nor of *Barbarie*,  
Those luscious *Canes*, where our rich sugars lie:  
Nor those hot drinks that mak our wits to dance  
The wilde *Canaries*: nor those grapes of *France*:  
Which mak vs clip our English, nor those wares  
Of fertile *Belgia*, whose wombe compares  
With all the world for fruit, tho now with scars,  
Her body be all o're defac'd by warres  
Go, tell thē what thou brings exceeds the welth  
Of al these countries: for thou brings them helth.

## In Librum.

**W**It, learning, Order, Elegance of Phrase,  
Health, & the Art to lengthen out our daies:  
Philosophie, Physick, and Poesie,  
And that skill which death lounes not, (Surgery)  
Walkes to refresh vs, Aires most sweet and cleare,  
A thriftie Table, and the wholsom'st cheare,  
All sorts of graine, all sorts of flesh, of fish,  
Of fowle, and last of fruite a seuerall dish:  
Good Break-fasts, Dinners, Suppers, after-meales,  
The hearbe for Sallads, and the hearbe that heales.  
Phisitions counsell, Potheccaries pils,  
[Without the summing vp of costly bills]  
Wines that the braine shall ne're intoxicate,  
Strong Ale and Beere at a more easie rate  
Then Water from the Fountain: clothes (not deare)  
For the foure seuerall quarters of the yeare,  
Meats of all sorts to those that vse them can,  
With meanes sufficient to maintaine a man.  
If all those things thou want'st, no further looke,  
All this, and more then this, lies in this booke.

Anonimus.

# DE CONSER- VANDA BONA VALETU-

*dine, Liber Scholæ Salernitanæ.*

## 1. Præceptum.

**A**NGLORVM Regi scribit schola tota Salerni.  
Si vis incolumem, si vis te reddere sanum,  
Curas tolle graveis, irasci crede profanum.  
Parce mero, cœnato parum, non sit tibi vanū  
Surgere post epulas, somnum fuge meridianum.  
Ne mictum retine, nec comprime fortiter anum.  
Hæc benè si serves, tu longo tempore vives.

## *The Salerne Schoole.*

**T**he Salerne Schoole doth by these lines impart,  
All health to Englands King, and doth advise  
From care his head to keepe, from wrath his heart,  
Drinke not much wine, sup light, and sone arise,  
When meat is gone, long sitting breedeth smart:  
And afternoone still waking keep your eyes,  
When morn'd you finde your selfe to Natures needs,  
Forbeare them not, for that much danger breeds.

## 2. Præceptum.

Si tibi deficient Medici, medici tibi fiant  
Hæc tria: mens hilaris, requies, moderata diæta.

Use three Physicians still, first Doctor Quiet,  
Next Doctor Merrie-man, and Doctor Diet.

## SCHOLA SALERNI.

### 3 *Præceptum.*

Lumina manè, manus surgens gelida laver unda,  
Hæc illac modicum pergat, modicum sua membra  
Extendat, crines peccat, dentes fricet, ista  
Confortant cerebrum, confortant cætera membra.  
Lote cale, sta pranse, vel i, frigisce minute.  
Fons, Speculum, Gramen, hæc dant oculis relevamen.  
Manè igitur montes, sub serum inquirito fontes.

Rise earely in the mozne, and straight remember,  
With water cold to wash your hands and eyes,  
In gentle fashon streatching euery member,  
And to refresh your bzaine when as you ryle,  
In heat, in cold, in Iuly and December,  
Both combe your heaz, and rubbe your tæth likewise:  
If bled you haue, keep cole, if bathde, keep warme,  
If binde to stand or walke will do no harme.  
Whæe things preferue the sight, grasse, glasse, & fountans  
At Quin springs, at mozning visit mountaines.

### 4 *Præceptum.*

Sit brevis, aut nullus tibi somnus meridianus.  
Febres, pigrities, capitis dolor, atque catarrhus,  
Hæc tibi proveniunt ex somno meridiano.  
Si fluat ad pectus, dicatur Rheuma Catarrhus:  
Si ad fauces, Branchus: si ad nares, esto Coryza.

Long slepe at afternoones by stirring fumes,  
Breeds Slouth, and Agues, Aiking-heads, and rhumes.

The

## THE SCHOOLE OF HEALTH.

The moisture bred in brest, in Iawes and Nose,  
Are call'd Catars, or Tyfique, or the Pose.

### *An Addition.*

If R. be in the Month, their judgements erre,  
That thinke that sleepe in afternone is good,  
If R. be not therein, some men there are  
That thinke a litle nap breeds no ill blood,  
But if you shall herein excede too farre,  
It hurts your health, it cannot be with-stand:

### *5. Præceptum.*

Quatuor ex vento veniunt in ventre retento:  
Spasmus, hydrops, colica, & vertigo, hoc res probat ipsa

Great harmes haue growne, and maladies exceeding,  
By keeping in a litle blast of wind:  
So Cramps and Dropsies, Collicks haue their breeding  
And Mazed braines, for want of vent behind.

### *An Addition.*

Besides we find in Storics woorth the reading,  
A certaine Romane Emperour was so kind,  
Claudius by name, he made a proclamation,  
A Scape to be no losse of reputation.

### *6 Præceptum.*

Ex magna cœna, stomacho fit maxima pœna,  
Vt sis nocte levis, sit tibi cœna brevis.

Great suppers do the stomack much offend,  
Sup light if you yet you to sleepe intend.

7 Præ

## SCHOLA SALERNI.

### 7. *Præceptum.*

Tu nunquam comedas, stomachum ni novetis esse  
Purgatum, vacuumque cibo quem sumperis antè.  
Ex desiderio id poteris cognoscere certo.  
Hæc sint signa tibi, subtilis in ore saliva.

To kèpe good dyet, you should never sæd  
Untill you finde your stomack cleane and boide  
Of former eaten meates, for they do bræd  
Repletion, and will cause you sone be cloid,  
None other rule but appetite should nêd,  
When from your mouth a moisture cleare doth boide.

### 8. *Præceptum.*

Persica, poma, pyra, & lac, caseus, & caro salsa:  
Et caro cervina, & leporina, bovina, caprina.  
Atra hæc bile nocent, suntque infirmis inimica.

All peares and Apples, peaches, Milke and Cheese,  
Salt-meats, Red-Deere, Hart, Beeffe and Goat; all these  
Are meats that bræd ill blood and melancholy,  
If sick you be, to sæd on them were folly.

### 9. *Præceptum.*

Ova recentia, vina rubentia, pinguia jura,  
Cum similia pura, naturæ sunt valitura.

Egges newlie laid, are nutritive to eat,  
And rosted reare are easie to digest:  
Fresh Gascoigne wine is good to drinke with meat,  
Broth strengthens Nature aboue all the rest.  
But broth prepar'd with flowre of finest wheat,  
Well boild, and full of fat for such are best.

Regula

## THE SCHOOLE OF HEALTH.

Regula presbyteri iubet hoc pro lege teneri,  
Quod bona sunt ova, candida longa nova.

The Priests rule is (a Priests rule should be treto)  
Those Egges are best, are long, and white, and new:

Singula post ova pocula sume nova,

Remember eating new laid Egges and soft,  
For euery Egge you eate you drinke as oft.

### 10. *Præceptum.*

Nutrit triticum, & impingui, lac, caseus infans.  
Testiculi, porcina caro, cerebella, medullæ,  
Dulcia vina, cibus gustu jucundior, ova  
Sorbilia, & ficus maturæ, uvæque recentes.

Fine Manchester seeds too fat, Milke fits the baines,  
New Cheese doth nourish, so doth flesh of Swine:  
The Dolwets of some beasts, the marrow, baines  
And all sweet-tasting flesh, and pleasant wines,  
Soft Egges (a cleane dish in house of Swaines)  
Ripe figs and Rapins, late come from the Vine:

### 11. *Præceptum.*

Vina probantur odore, sapore, nitore, colore,  
Si bona vina cupis, quinque hæc laudantur in illis:  
Fortia, formosa, & fragrantia, frigida, frigida.

Chuse wine you meane to serue you all the yeare,  
Well-savour'd, tasting well, and colour'd cleare,  
Fine qualities there are wines praise aduancing,  
Strong, Beautifull and Fragrant, Coole and Dancing.

12 *Præ-*

## SCHOLA SALERNI.

### 12 *Præceptum.*

Corpora plus audent tibi dulcia candida vinz.  
Si vinum rubrum nimium quandoque bibatur,  
Venter stipatur, vox limpida turbificatur.

White Muscadall and Candie wine, and Greeke,  
Do make mens wits and bodies grosse and fat:  
Red wine doth make the boyce oft times to sake.  
And hath a binding qualitie to that.

### *An Addition.*

Canary and Madera both are like  
To make one leane indeed, (but wot you what)  
Who say they make one leane, wold make one lasse,  
They meane, they make one leane vpon a stasse.  
Wine, Women, Baths, by Art or Nature warme,  
Else or abuse, do men much good or harme.

### 13 *Præceptum.*

Allia, ruta, pyra, & raphanus, cum Theriaca, nux,  
præstant antidotum contra lethale venenum.

Six things that here in order shall insue,  
Against all porsen haue a secret powre:  
Peares, Garlick, Reddish-roots, Nuts, Triacle, Rew.

### *An Addition.*

But Garlick chiefe, for they that it deuonne:  
May drinke, and care not who their drinke do brew,  
May walke in aires infected euery houre,  
With Garlick then hath power to saue from death.

Beare



## THE SCHOOLE OF HEALTH.

Beare with it though it make vnfaoury breath:  
And scoyne not Garlick like to some that thinke  
It onely makes men winke, and drinke, and Linke.

### 14. *Præceptum.*

Lucidus ac mundus sit ritè habitabilis aer,  
Infectus neque sit, nec olens fœtore cloacæ.

Though all ill sanours do not breed infection,  
Yet sure infection commeth most by smelling,  
Who smelleth still perfumed, his complexion  
Is not perfum'd by Poet Martials telling,  
Yet for your lodging rooms giue this direction,  
In houses where you minde to make your dwelling:  
That nere the same there be no euill sentes  
Of puddle waters, or of excrements,  
Let ayre be cleare, and light, and free from faults,  
That come of secret passages and vaults.

### 15. *Præceptum.*

Si nocturna tibi noceat potatio vini.  
Hoc tu manè bibas iterum, & fuerit medicina.

If wine haue ouernight a surfet brought,  
A thing we wish to you should happen said:  
Then early in the morning drinke a draught,  
And that a kinde of remedie shall yeld,  
But gainst all surfets vertues schoule hath taught,  
To make the gift of temperance a shield;

The

## SCHOLA SALERNI:

### 16. *Præceptum.*

Gignit & humores melius vinum meliores,  
Si fuerit nigrum, corpus reddit tibi pigrum.  
Vinum sit clarumque, vetus, subtile, maturum,  
Ac benè dilutum, saliens, moderamine sumptum.

The better wines do breed the better humors,  
The worse are causes of unwholesome tumors:  
In measure drinke, let wine be ripe, not thick,  
But cleare, and well alaid, and fresh, and quick.

### 17. *Præceptum.*

Non acidum sapiat cervisia, sit benè clara.  
Ex granis sit cocta bonis satis, ac veterata.

The like aduice we giue you for your Bère,  
We will it be not sowze, and yet be stæle:  
Well boild, of hearty graine, and old, and cleare,  
Nor drinke too much, nor let it be too stæle:

### 18. *Præceptum.*

Temporibus veris, modicum prandere iuberis.  
Sed calor æstatis dapibus nocet immoderatis.  
Autumni fructus caveas ne sint tibi lustris,  
De mensa sume quantum vis, tempore Brumæ.

And as there be foure seasons in the yeare,  
In each a senerall order keepe you shall.  
In Spring your dinner must not much exceed,  
In Summers heat, but litle meat shall need:  
In Autumne, ware you eat not too much frute,  
With Winters cold, full meales do fittest sute.

## THE SCHOOLE OF HEALTH.

### 19. *Præceptum.*

Salvia cum ruta faciunt tibi pocula tuta,  
Adde rosæ florem, minuuntque potenter amorem.

If in your drinke you mingle Rew with Sage,  
All popson is expel'd by power of those,  
And if you would withall lusts beat awage,  
Adde to the same the gentle flowre of Rose.

### 20. *Præceptum.*

Nausea non poterit hæc quem vexare, marinam  
Vndam cum vino mixtam qui sumpserit ante.

Would not be Sea-sicke when the seas do rage,  
Sea-water drinke with wine before he goes.

### 21. *Præceptum.*

Salvia, sal, vinum, piper, allia, petroselinum,  
Ex his fac sal sam, ne sit commixtio falsa.

Salt, Garlick, Parsly, Pepper, Sage and Wine,  
Make salwces for all meates both course and fine.

### 22. *Præceptum.*

Lotio post mensam tibi confert munera bina,  
Mundificat palmas, & lumina reddit acuta,  
Si fore vis sanus, ablue sæpè manus.

Of washing of your hands much good doth ryse,  
Tis wholesome, cleanly, and relieues your eyes.

## SCHOLA SALERNI.

### 23. *Præceptum.*

Panis non calidus, nec sit nimis inveteratus,  
Sed fermentatusque, oculatus, sit benè coctus,  
Et falsus modicè, ex granis validis electus.  
Non comedas cruſtam, choleram quia gignit aduſtam.  
Et panis falsus fermentatus, benè coctus,  
Purus sit ſanus, nan talis sit tibi vanus.

Eat not your bread too ſtale, nor eat it hot,  
A little Leuend, hollow bak't and light:  
Not freſh, of pureſt graine that can be get,  
The cruſt breeds choller both of browne and white,  
Yet let it be well bak't, or eat it not,  
How e're your taſte therein may take delight.

### 24. *Præceptum.*

Eſt porcina caro ſine vino pejor ovina.  
Si tribuas vinum, fuerit cibus ac medicina.  
Iſta porcorum bona ſunt, mala ſunt reliquorum,  
Porke without wyne is not ſo good to eate,  
As Sheepe with wyne, if medicine is and meat,  
Though in trailes of a beaſt be not the beſt,  
Yet are Swines in trailes better then the reſt.

### 25. *Præceptum.*

Impedit urinam muſtum, ſoluit citò ventrem,  
Hepatis euſſaſiv, ſplenis generat, lapidemque.

Some loue to drinke new wyne not fully ſin'd,  
Eat ſo, your health we wiſh that you drinke none,

For

## THE SCHOOLE OF HEALTH.

For such to dangerous fluxes are inclin'd,  
 Be sicker, the Lees of wine doth breed the stone,

### 26. *Præceptum.*

Potus aquæ sumptus, comedenti incommoda præstat;  
 Hinc friget stomachus, crudus & inde cibus.

Some to drinke onely water are assign'd,  
 But such by our consent shall drinke alone,  
 For Water and small Beere we make no question,  
 Are enemies to health and good digestion;  
 And Horace in a verse of his rehearses,  
 That Water-drinkers neuer made good verses.

### 27 *Præceptum.*

Sunt nutritivæ multum carnes vitulinæ,  
 Sunt bona gallina & capo, turtur, sturnæ, columbæ,  
 Quiscula phasiades, merula, simul ortygometra,  
 Perdix, frigellusque, otis, tremulusque, amarellus.

The choise of meat to health doth much availe,  
 First Meale is wholesome meat, and breeds good blood:  
 So Capon, Hen and Chicken, Partridge, Quail,  
 The Pheasant, Woodcock, Larke, and Thrush be good,  
 The Heath-cock wholesome is, the Dove, the Raile,  
 And all that do not much delight in mud.

### *An Addition.*

Fair Swans such lone your beauties make me beare  
 That in the dish I easilie could so beare you.  
 God sport it is to see a Mallard kild,  
 But with their flesh your flesh should not be filld.

## SCHOLA SALERNI.

### 28. *Præceptum.*

Si pisces molles sunt magno corpore tolles,  
Si pisces duri, parvi sunt plus valituri.  
Lucius & Perca, & saxatilis, albica, tencha,  
Gornus, plagitia, & cum carpa, galbio, truta.

As choise ye make of Fotole, so make of fish,  
If so that kinde be soft, the great be best,  
If firme, then small and many in a dish:  
I need not name, all kinds are in request.  
Pyke, Trowt, and Pearch, from water fresh I wish,  
From Sea, Bace, Mullet, Brean, and Soules are best:  
The Pyke a rauening Tyrant is in water,  
Yet he on land yeelds good fish ne're the later.

### 29 *Præceptum.*

Vocibus anguilla prava sunt, si comedantur.  
Qui physicen non ignorant, hæc testificantur.  
Caseus, anguilla, nimis obsunt si comedantur.  
Ni tu sapè bibas, & rebibendo bibas.

If Eccles and Cheese you eat, they make you hoarse,  
But drinke apace thereto, and then no sojre.

### 30. *Præceptum.*

Inter prandendum, sit sapè parumque bibendum,  
Si sumas ovum, molle sit, atque novum.

Some loue at meales to drinke small draughts and oft,  
But fancy may herein and custome guide,  
If Egges you eat they must be new and soft.

31 *Præ-*

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## THE SCHOOLE OF HEALTH.

### 31. *Præceptum.*

Pisum laudandum nunc sumpſimus ac reprobandum.  
Eſt inflativum cum pellibus, atque nocivum,  
Pellibus ablatis ſunt bona piſa latis.

**In Peaſe good qualities and bad ere trye,  
To take them with the ſkin that growes aloſt  
They windie be, but good without their hyde,**

### 32. *Præceptum.*

Lac *phagitis* ſanum caprinum, poſtque cameli,  
Plus nutritivum vaccinum ſit, quoque ovinum.  
At nutritivum plus omnibus eſt aſininum.  
Adſit ſi febris, caput & doleat fugiendum eſt,  
Lenit & humectat, ſolvit ſine febre butyrum.  
Inciditque, lavat, penetrat, mundat quoque ſerum.

**In great conſumptions learn'd Philoſitions thinke  
Tis good a Goat or Camels milke to drinke,  
Cowes-milke and Sheepes do well, but yet an Affes  
Is beſt of all, and all the other paſſes.  
Milke is for Agues and for Head-ache naught,  
Yet if from Agues ſit you ſeele you free,  
Sweet-butter wholeſome is as ſome haue taught,  
To cleaſe and purge ſome paines that inward be,  
Whay though it be condemn'd, yet it is thought  
To ſcower and cleaſe, and purge in due degree:**

### 33. *Præceptum.*

Cafeus eſt gelidus, ſtipans, crassus, quoque durus.  
Cafeus & panis, ſunt optima ſercula ſanis;  
Si non ſunt ſani, tunc hunc ne jungito pani.

## SCHOLA SALERNI.

For healthie men may Cheefe be wholesome food,  
But for the weake and sicklie tis not good,  
Cheefe is an heauie meat both grosse and cold,  
And breedeth Costiueneſſe both new and old.

### CASEVS DE SEIPSO.

Ignari Medici me dicunt eſſe nocivum,  
Et tamen ignorant, cur nocumenta feram.  
Expertis reor eſſe ratum, quia commoditate  
Languenti ſtomacho caſeus addit opem.  
Caſeus ante cibum confert, ſi deſluat alvus,  
Si conſtipetur, terminet ille dapes.  
Qui Phyſicen non ignorant, hæc teſtificantur.

*Cheeſe ſpeaketh of it ſelfe.*

Cheeſe makes complaint that men on wrong ſuſpitions  
Do ſlander it, and ſay it doth ſuch harme,  
That they conceale his many good conditions,  
How oft it helpes a ſtomack cold to warme,  
How faſting tis preſcrib'd by ſome Phyſitions,  
To thoſe to whom the flux doth giue alarme:  
We ſee the better ſort thereof doth eaſe,  
To make as't were a period of their meat.  
The poozer ſort when other meat is ſcant,  
For hunger eat it to relieue their want.

#### 34. Præceptum.

Inter prandendum ſit ſæpè parumque bibendum,  
Vt minùs ægrotes, non inter fercula potes,  
*Ut viſcs pœnam, de potibus incipe cœnam*



## THE SCHOOLE OF HEALTH.

Although you may drinke often while you dine,  
Yet after dinner touch not once the cup:  
I know that some Physicians do assigne  
To take some liquoz straight before they sup:  
But whether this be meant by broth or wine,  
A controuerſie t'is not yet tane by:

### 35. *Præceptum.*

Post pisces nux sit, post carnes caseus adsit.  
Vnica nux prodest, nocet altera, tertia mors est.

To close your stomack well this order ſutes,  
Cheeſe after Fleſh, Nuts after Fiſh or Frutes.  
Yet ſome haue ſaid beleue them as you will.  
One Nut doth good, two hurt, the third doth kill.

### 36. *Præceptum.*

Adde pyro potum, nux est medicina veneno.  
Fert pyra nostra pyrus, ſine vino ſunt pyra virus.  
Si pyra ſunt virus, ſit maledicta pyrus.  
Dum coquis antidotum pyra ſunt, ſed crudavenenum:  
Cruda gravant ſtomachū, relevant ſed cocta gravatū:  
Post pyra da potum, post pomum vade cacatum.

Some Nut gainſt poſſon is preſernatiue,  
Peares wanting wine are poſſon from the tre.  
But bak't Peares counted are reſtoratiue,  
Raw Peares a poſſon, bak't a medicine be,  
Bak't Peares a weak-dead ſtomack do reuiue,  
Raw Peares are heauie to diſgeſt we ſee,  
Drinke after Peares, take after Apples order,  
To haue a place to purge your ſelfe of odre,

## SCHOLA SALERNI.

### 37. *Præceptum.*

Si Cerasum comedas, tibi confert grandia dona  
Expurgat stomachum, nucleus lapidem tibi tollit.  
Hinc melior toto corpore sanguis inest.

**W**hpe Cherries breed good blood, and helpe the stone,  
**I**f Cherrie you do eat, and Cherrie-stone.

### 38. *Præceptum.*

Frigida sunt, laxant, multum profunt tibi pruna.

**C**ole Damsons are, and good for health by reason,  
**T**hey make your intraines soluble and slacke.

### 39. *Præceptum.*

Persica cum musto vobis datur ordine iusto  
Sumere, sic est mos nucibus sociando racemos.  
Passula non spleni, tussi valet, est bona reni.

**L**et Peaches sleepe in wine of newest season,  
**N**uts hurt the teeth, that with their teeth they crack.  
**W**ith enery Nut tis good to eat a Rason:  
**F**or though they hurt the Splene they help the back,

### 40. *Præceptum.*

Scrophæ, tumor, glandes, ficus, cataplasmate cedunt.  
Iunge papaver ei, contracta foris trahit ossa.  
Vermiculos, Veneremque facit, sed cuilibet obstat.

**A** plaister made of Figges, by some mens telling,  
**I**s good against all kirkels, boyles and swelling,  
**W**ith Poppy join'd, it drawes out bones are broken,  
**B**y figs are lice ingendred, Lust prouoken.

## THE SCHOOLE OF HEALTH.

### 41. *Præceptum.*

Multiplicant mictum, ventrem dant mespila stricturn;  
Mespila dura placent, sed mollia sunt meliora.

Eat Medlers if you haue a losenesse gotten,  
They binde, and yet your bzine they augment,  
They haue a name more fit to be forgotten,  
While hard and sound they be, they be not spent:  
Good Medlers are not ripe till seeming rotten,  
For medling much with Medlers some are spent.

### 42. *Præceptum,*

Provocat urinam mustum, citò solvit & inflat.

New Rennish-wine stirs bzine doeth not binde:  
But rather loose the belly breeding winde.

### 43. *Præceptum.*

Crassos humores nutrit cervisia, vires  
Præstat, & augmentat carnem, generatque cruorem.  
Provocat urinam. ventrem quoque mollit, & inflat,  
Frigidat & modicum. Sed plus desiccatur acetum,  
Frigidat, emaciatque, melanch. dat, sperma minorat.  
Siccos infestat nervos, & pingua siccatur.

Ale humors breeds, it addes both flesh and force:  
It is loosning, cole, and bzine doth inforce.  
Sharpe Vinegar doth cole, withall it dries,  
And giues to some ill humors good correction:  
It makes one melancholy, hurts their eyes,  
Not making fat, nor mending their complexion.  
It lessens sperme, makes appetite to rise,  
Both taste and scent is good against infection.

## SCHOLA SALERNI.

### 44 *Præceptum.*

Rapa iuvat stomachum, novit producere ventum,  
Provocat urinam, præstatque in dente ruinam.  
Si malè cocta datur, tibi torsio sic generatur.

**The Turnep helps the stomach, winde expelleth,  
Stirs brine, hurts his teeth thereon that feedeth,  
Who much thereof will feed, may with our nation,  
Would well allow of Claudius proclamation.**

### 45 *Præceptum.*

Egeritur tardè Cor, concoquitur quoque durè.  
Sic quoque ventriculus, tamen exteriora probantur.  
Reddit lingua bonum nutrimentum medicinæ.  
Concoctu facilis pulmo est, citò labitur ipse.  
Est melius cerebrum gallinæ, quam reliquorum.

**It followes now what part of eury beaft  
Is best to eat: first know the Hart is ill,  
It is both hard and heauie to digest,  
The Tripe with no good supce our flesh doth fill:  
The Lites are light, yet but in small request:  
But outer parts are best in Physicks skill.  
If any bzaines be good, (which is a question)  
Hens bzaine is best and lightest of digestioun:**

### 46 *Præceptum.*

Semen Fœniculi pellit spiracula culi.  
Bis duo dat marathrum, febres fugat, atque venenum,  
Et purgat stomachum, lumen quoque reddit acutum.

In

## THE SCHOOLE OF HEALTH.

In Fennell-seed this vertue you shall finde,  
Forth of your lower parts to driue the winde.  
Of Fennell, vertues foure they do recite,  
First it hath power some popson to expell,  
Next burning Agues it will put to flight,  
The stomack it doth cleanse and comfort well,  
And fourthly it doth keepe and cleanse the sight,  
And thus the seed and hearbe doth both excell.

### 47 *Præceptum.*

Emendat visum, stomachum confortat Anisum.  
Copia dulcoris Anisi sit melioris.

Yet for the two last told, if any seed  
With Fennell may compare, tis Annie-seed:  
Some Annie-seeds be swæt, and some more bitter,  
For pleasure these, for medicine those are fitter.

### 48 *Præceptum.*

Si cruor emanat, Spodium sumptum citò sanat.  
Gaudet hepar spodio, mace cor. cerebri quoq. moscho  
Pulmò liquiritia, splen capp. stomachusque galanga.

Dame Nature reason, far surmounts our reading,  
We seele effects the causes oft unknowne,  
Who knowes the cause why Spodium stancheth blée  
(Spodium but ashes of an As bone) (sing,  
We learne herein to praise his power exceding,  
That vertue gaue to wood, to hearbe, to stone,  
The Liuer Spodium, Mace the heart delights,  
The bzaine likes Muske and Lycoras the Lites,

## SCHOLA SALERNI.

The Splene is thought much comforted with Capers;  
In stomack Galingale alwayes ill vapours.

### 49. *Præceptum.*

Vas condimenti præponi debet edenti,  
Sal virus refugat, rectè insipidumque saporat.  
Non sapit esca probè, quæ datur absque sale.  
Vrunt res salæ visum, semenque minorant,  
Et generant scabiem, pruritus, sive vigorem,  
Sal primo poni debet, primoque reponi,  
Non benè mensa tibi ponitur, absque sale.

Sauce would be set with meat vpon the table  
Salt is good sauce, and had with great facilitie;  
Salt makes vnflauour byands manducable.  
To drine some poplons out, salt hath abilitie,  
Yet things too salt are neuer commendable:  
They hurt the sight, in nature cause debility,  
The scab and itch on them are euer breeding,  
The which on meats too salt are often feeding:  
Salt should be first remou'd and first set downe  
At table of the Knight and of the Clowne.

### 50. *Præceptum.*

Hi fervore vigent tres, salsus, amarus, acutus.  
Alget acetosus, sic stypan, ponticus atque  
Vinctus, & insipidus, dulcis dant temperantum.

As tastes are diuerse, so Whisitions hold  
They haue as sundry qualities and power,

Some

## THE SCHOOLE OF HEALTH.

Some burning are, some temperat, some cold,  
Cold are these three, the tart, the sharpe, the sowre:  
Salt, bitter, biting, burne as hath bene told,  
Sweet, fat and fresh, are temperat euey houre,

### 51. *Præceptum.*

Bis duo vippa facit, mundat dentes, dat acutum  
Visum: quod minus est implet, minuit quod abundat.

Four speciall vertues hath a sop in wine,  
It maketh the teeth white, it cleares the eyne:  
It addes vnto an emptie stomack fulnesse,  
And from a stomack fil'd it takes the dulnesse.

### 52. *Præceptum.*

Omnibus assuetam jubeo servare dietam.  
Quod sic esse probo, ni sit mutare necesse,  
Hypocrates testis, quoniam sequitur mala pestis.  
Fortior hæc meta est medicinae, certa dieta.  
Quam si non cures, fatuè regis, & malè curas.

If to an vse you haue your selfe betaken  
Of any dyet, make no suddaine change:  
A custome is not easly forsaken,  
Pea though it better were yet sames it strange,  
Long vse is as a second nature taken.  
With nature custome walkes in equall range.  
Good dyet is a perfect way of curing,  
And too thy much regard and health assuring,  
A King that cannot rule him in his dyet,  
Will hardly rule his realme in peace and quiet.

## SCHOLA SALERNI.

### 53 *Præceptum.*

Quale, quid, & quando, quantum, quoties, ubi, recta  
Debent hæc medico in victus ratione notari,  
Ne malè conveniens ingrediatur iter.

They that in Physick will prescribe you food.  
Six things must note we here in order touch,  
First what it is, and then for what tis good,  
And when, and where, how often, and how much:  
Who note not this, they cannot be with- stood,  
They hurt, not heale, yet are too many such.

### 54 *Præceptum.*

Ius caulis solvit, cujus substantia stringit,  
Vtraque quando datur, venter laxare paratur.

Coleworts both both lose, the substance binde,  
Thus play they fast, and lose, and all behinde.  
But yet if at one time you take them both,  
The substance shall give place unto the both.

### 55 *Præceptum.*

Dixerunt Maluam veteres quod molliat alvum,  
Hujus radices rase solvunt tibi feces,  
Vulvam moverunt, & fluxum sæpè dederunt,

In Physick Mallowes hath much reputation,  
The very name of Mallow seems to sound,  
The root thereof will give a kinde purgation,  
By them both men and women good have found:



## THE SCHOOLE OF HEALTH.

To womens monthly flowes they giue laxation,  
They make men soluble that haue bene bound,  
And least we seeme in Mallowes praises partiall,  
Long since hath Horace praised them and Martiall.

### 56. *Præceptum.*

Mentitur Mentha, si sit depellere lenta  
Ventris lumbricos, Stomachi vermesque nocivos.

The wormes that gnawes the wombe and neuer stint  
Are kil'd, and purg'd, and dzenen away with Mint.

### 57. *Præceptum.*

Cur moriatur homo, cui salvia crescit in horto?  
Contra vim mortis, non est medicamen in horris,  
Salvia confortat nervos, manuumque tremorem  
Tollit, & ejus ope febris acuta fugit,  
Salvia, Castoriumque, Lavendula, Primula veris,  
Nasturt. Athanas. hæc sanant paralytica membra.  
Salvia salvatrix, naturæ conciliatrix.

But who can write thy worth (O soueraigne Sage?)  
Some aske how man can die, where thou doest grow?  
Oh that there were a medicine curing age,  
Death comes at last, though death come ne're so slow:  
Sage strengths the sinewes, fevers heat doth swage,  
He Palsie helpes, and rid's of mickle wo,  
In Latin (Salvia) takes the name of safety,  
In English (Sage) is rather wise then crafty,  
With then the name betokens wise and saving,  
We count it natures friend, and worth the hauing.

Take

## SCHOLA SALERNI.

Take Sage and Primrose, Lavender and Cresses,  
With Walwort that doth grow twixt lime and stone:  
For he that of these hearbes the iuyce expresseles,  
And mix with powder of a Castor-stone,  
May breed their ease whom palse much oppresseles,  
Or if this breed not help, then loke for none.

### *58 Præceptum.*

Nobilitas rutæ hæc, quod lumina reddat acuta.  
Auxilio rutæ vir quippe videbis acutè.  
Cruda comesta recens oculos caligine purgat.  
Ruta viris minuit Venerem, mulieribus addit.  
Ruta facit castum dat lumen, & ingerit astum.  
Cocta & ruta facit de pulicibus loca tuta.

Rew is a noble hearbe to gine if right,  
To chew it fasting it will purge the sight,  
One qualitie thereof yet blame I must,  
It makes men chaste, and women fild with lust.  
Fair Ladies if these Physick rules be true,  
That Rew hath such strange qualitties as these,  
Eat little Rew, lest your good husbands rew,  
And breed betwene you both a shewd disease.  
Rew whets the wit, and more to pleasure you,  
In water boyld it rids a roome of fleas.

### *59 Præceptum.*

De cepis Medici non consentire videntur,  
Fellitis non esse bonas, ait ipse Galenus.  
Phlegmaticis verò multum putat esse salubreis.  
Non modicum sanas Aesclepius adserit illas,  
Præsertim stomacho, pulchrumque creare colorem,  
Contritæ cepis loca denudata capillis.

## THE SCHOOLE OF HEALTH.

Sæpè fricans, 'capitis poteris reparare decorem.  
Appositas perhibent, morsus curare caninos,  
Si trita cum melle prius fuerint & aceto.

I would not to you Ladies Onyons praise,  
Saue that they make one fair (Aclepius saues)  
Yet taking them requyres some good direction,  
They are not good alike for each complexion.  
If vnto Choller men be much inclinde,  
Tis thought that Onyons are not good for those,  
But if a man be flegmaticque (by kinde)  
It does his stomack good, as some suppose.  
For oymment supce of Onyons is assign'd  
To heads whose haire falls faster then it grows:  
If Onyons can not helpe in such mishap,  
A man must get him a Gregorian cap.  
And if your hound by hap should bite his maister,  
Of Honey, Rew and Onyons make a plaister.

### *60 Præceptum.*

Est modicum granum, siccum, calidumque Sinapi.  
Dat lachrymas, purgatque caput, tollitque venenum.

The seed of Mustard is the smallest graine.  
And yet the force thereof is very great,  
It hath a present power to purge the braine,  
It addes vnto the stomack force and heat:  
All poyson it expels, and it is plaine,

### *An Addition.*

With sugar tis a passing sauce for meat.  
She that hath hap a husband bad to bury,  
And is therefore not sad in heart but merie,  
Yet if in the good maners she will keepe,  
Onyons and Mustard-seed will make her wepe.

## SCHOLA S ALERNI.

### 61. *Præceptum.*

Crapula discutitur, capitis dolor, atque gravedo;  
 Purpuream violam dicunt curare caducos :  
 Aegris dat somnum, vomitum quoque tollit, & usum  
 Illius semen colicis cum melle medetur:  
 Et tussim veterem curat, si sæpè bibatur.  
 Frigus pulmonis pellit, ventrisque tremorem.  
 Omnibus & morbis ea subvenit articulorum.

Though Violets smell swæt, Nettles offensive,  
 Yet each in severall kinde much good procures,  
 The first doth purge the heavie head and pensive;  
 Recovers sursets, Falling-sicknesse cures:  
 Though Nettles stinke, yet make they recompence;  
 If your belly by Collick paine indures,  
 Against the Collick Nettle-seed and Honey  
 Is Whisick: better none is had for money,  
 It brædeth sleep, stays vomits, steams doth soften;  
 It helpes him of the Cowl that eats it often.

### 62 *Præceptum.*

Hyssopus purgans herba est è pectore phlegma;  
 Ad pulmonis opus cum melle coquenda jugata,  
 Vultibus eximium fertur præstare colorem.

Cleane Hyssop is an hearbe to purge and cleanse  
 Raw flegmes and hurtfull humors from the brest,  
 The seme vnto the lungs great comfort lends,  
 With honey boild: but farre aboue the rest,  
 It gives good colour, and complexion mends,  
 And is therefore with women in request:

# THE SCHOOLE OF HEALTH.

## DE CHÆREFOLIO.

### 63. *Præceptum.*

Appositum cancris tritum cum melle medetur.  
Cum vino potum lateris sedare dolorem  
Sæpè solet, tritam si nectis desuper herbam.  
Sæpe solet vomitum, ventremque tenere solutum.

With Honey mixt, Cinquefoylie cures the canker;  
That eats our inward parts with cruell ranker:  
But mixt with Wine, it helps a griened side,  
And staves the vomit, and the laske beside.

### 64. *Præceptum.*

Enula campana reddit præcordia sana.  
Cum succo rutæ succus si sumitur ejus,  
Affirmant ruptis quod profit potio talis.

Ellecompane strengthens each inward part,  
A little loosenesse is thereby prouoken:  
It swageth grieve of minde, it chæres the heart,  
Allayeth wrath, and makes a man faire spoken:  
And drunke with Rew in wine, it doth impart  
Great helpe to those that haue their bellies broken.

## DE PVLEGIO.

### 65. *Præceptum.*

Cum vino nigram choleram potata repellit.  
Appositam veterem dicunt sedare podagram.

Let them that vnto choller much incline,  
Drinke Penny-royall steeped in their wine,  
And some affirme that they haue found by tryall,  
The paine of Colic is cur'd by Penny-royall.

## SCHOLA SALERNI.

DE NASTURTIO.

66. *Præceptum.*

Illius succus crines retinere fluentes.  
Illitus adseritur, dentisque levare dolorem.  
Lichenas succus purgat cum melle perunctus.

To tell all Cresses vertues long it were,  
But diuerse patients vnto that are debter :  
It helpes the teeth, it giues to bald men haire,  
With Honey mixt, it Ring-worme kills and Tetter  
But let not women that would children beare  
Feed much thereof, for they to fast were better.

DE CHELIDONIA.

67 *Præceptum.*

Cæcatis pullis hac lumina mater hirundo,  
[Plinius ut scripsit] quamvis sint eruta reddit.

An herbe there is takes of the Swallowes name,  
And by the Swallowes gets no litle fame,  
For Pliny writes (thogh some thereof make doubt)  
It helpes yong Swallowes eyes when they are out.

DE SALICE.

68 *Præceptum.*

Auribus infusus vermes succus necat ejus.  
Cortex verrucas in aceto cocta resoluit,  
Hujus flos sumptus in aqua frigescere cogit  
Instinctus Veneris cunctos acres stimulantés.  
Et sic desiccatur, nulla creatio fiat.

Greene Willow thogh in scozne it oft is vs'd.  
Yet some there are in it not scoznfull parts,  
It killeth woornes, the iuyce in eares infus'd,

wait b

## THE SCHOOLE OF HEALTH.

With Vineger the barke destropeth warts.  
But at one quality I much haue mus'd,  
That addes and baytes much of his good deserts.  
For writers old and new, both ours and sozren,  
Affirme the seed make women chaste and barren.

### 69 *Præceptum.*

Confortare crocum dixerunt exhilarando,  
Artus defectos, reficitque, hepar reparatque.

Take Saffron if your heart make glad you will,  
But not too much, for that the heart may kill.

### DE PORRO.

### 70 *Præceptum.*

Reddit fecundas manum persapè puellas,  
Manantemque potes naris retinere cruorem,  
Vngas si nares intus medicamine tali.

Greene Leekes are good (as some Physicians say)  
Yet would I choose, howe'er I them beleue,  
To weare Leekes rather on Saint Davids day,  
Then eat the Leekes vpon Saint Davids Cue:  
The bleeding at the nose Leekes iuyce will stay,  
And women bearing children much relieue.

### 71 *Præceptum.*

Quod piper est nigrum, non est dissolvere pigrum.  
Phlegmata purgabit, constricticemque iuvabit.  
Leucopiper stomacho prodest, tussique, dolorique  
Vtile, præueniet motum, febrisque rigorem.

Black Pepper beaten grosse you good shall finde  
If cold your stomacke be, or full of winde:  
White Pepper helps the cough, and steame it riddeth,  
And Agues fit to come it oft forbiddeth.



## SCHOLA SALERNI.

### 72. *Præceptum.*

Et mox post escam dormire, nimisque moveri,  
Ista gravare solent auditus, ebrietasque,  
Motus, longa fames, vomitus, percussio, casus.  
Ebrietas, frigus, tinnitum caussat in aure.  
Balnea, sol, vomitus, adfert repletio, clamor.  
Post cœnam stabis, aut passus mille meabis,

Our hearing is a choyse and daintie sense,  
And hard to mend, yet sone it may be mar'd,  
These are the things that bzeed it most offence,  
To sleape on stomack full, and dzinking hard,  
Blowes, fals, and noyse, and fasting, violence,  
Great heat, and suddain cooling afterward:  
All these, as is by sundry pzooves appearing,  
Bzeeds tingling in our eares, and hurts our hearing:  
Then thinke it good advice, not idle talke,  
That after supper bids vs stand o: walke.

### 73 *Præceptum.*

Balnea, vina, Venus, ventus, piper, allia, fumus,  
Porrum cum cepis, faba, lens, fletusque, sinapi,  
Sol, coitusque, ignis, labor, ictus, acumina, pulvis,  
Ista nocent oculis, sed vigilare magis.  
Fœniculus, verberna, rosa, & chelidonia, ruta,  
Subveniunt oculis dira caligine pressis,  
Nam ex istis aqua fit, quæ lumina reddit acuta.

Yon heard befoze what is fo: hearing naught,  
Now shall yon see what hurtfull is fo: sight:  
Wine, Women, Bathes, by art to nature wzoght,  
Leekes, Onyons, Garlick, Mustardseed, fire, light,  
Smoake



## THE SCHOOLE OF HEALTH.

Smoake, bruises, dust, Pepper to powder brought,  
Beans, Lentils, strains, wind, teares, and Phœbus bright  
And all sharpe things our eye-sight do molest:  
Yet watching hurts them more then all the rest:  
Of Fennell, Vervin, Celidon, Roses, Rew,  
As water made, that will the sight renew.

### 74 *Præceptum.*

Sic dentes serva, porrorum collige grana,  
Vre cum hyoscyamo, adjuncto quoque thure, decenter  
per sicchonion & fumum cape dente remotum.

If in your teeth you hap to be tormented,  
By meane some little woymes therein do breed:  
Which paine (if heed be tane) may be prevented,  
By keeping cleane your teeth when as you seeo,  
Burne Frank-incense (a gum not euill scented)  
Put Hen-bane vnto this, and Onyon-seed,  
And with a Tunnell to the tooth that's hollow,  
Conuey the smoake thereof, and ease shall follow.

### 75 *Præceptum.*

Nux, oleum, frigus capitisque, anguillaque, potus,  
Ac pomum crudum, faciunt hominem fore raucum.

By Nuts, Oile, Eeles, great drinking, cold in head,  
By Apples and raw frutes is hoarcenesse bred.

### 76 *Præceptum.*

Iejuna, vigila, caleas dape, tuque labora,  
Inspira calidum, modicum bibe, comprime flatum.  
Hæc bene tu serva, si vis depellere rheuma.

## SCHOLA SALERNI.

To shew you how to shun raw running rheumes,  
 Exceeding much in meat, in drinke, and slepe,  
 For all excesse is cause of hurtfull fumes,  
 Eat warme broth warme, strue in your bzeath to kepe,  
 Also exercise that vapors ill consumes:  
 In Rotherne-twines abroad do neuer perpe.

### 77. *Præceptum.*

Auripigmentum, sulphur miscere memento,  
 His decet apponi calcem, conjunge saponem,  
 Quatuor hæc misce, commixtis quatuor istis  
 Fistula curatur, quater ex his si repleatur.

If Fistula do rise in any part,  
 And so procure your danger, and your smart,  
 Take Arsenick, Brimstone, mixt with lime and sope,  
 And make a tent, and then of cure there's hope.

### 78. *Præceptum.*

Si capitis dolor est ex potu, lympa bibatur,  
 Ex potu nimio nam febris acuta creatur.  
 Si vertex capitis, vel frons æstu tribulentur,  
 Tempora, fronsque simul moderatè sæpè fricentur,  
 Morella cocta nec non calidaque laventur.  
 Istud enim credunt capitis prodesse dolori.

If so your head do paine you oft with aking,  
 Fair water, or small beere drinke then or neuer:  
 So may you scape the burning fits and shaking,  
 That wonted are to company the Feuer:  
 If with much heat your head be ill in aking,  
 To rub your head and temples still persener,

And

## THE SCHOOLE OF HEALTH.

And make a bath of Morrell boyled warme,  
And it shall keepe your head from farther harme.

### *An Addition.*

A flux a dangerous euill is, and common,  
In it thou cold, much drinke, and straines of women.

### *79. Præceptum.*

Temporis æstivi jejunia corpora siccant.  
Quolibet in mense & confert vomitus, quoque purgat  
Humores nocuos. stomachus quos continet intus.  
Ver, Autumnus, Hyems, Æstas, dominantur in anno.  
Tempore Vernali calidusque ær, madidusque,  
Et nullum tempus melius est Phlebbotomiz.  
Vfus tunc homini Veneris confert moderatus,  
Corporis & motus, ventrisque solutio, sudor,  
Balnea purgentur tunc corpora per medicinas.  
Æstas bile calet sicca, & noscatur, in illa  
Tunc quoque præcipuè choleram rubram dominari,  
Humida, frigida fercula dentur, sit Venus extrâ,  
Balnea non profunt, sint raræ phlebbotomiz.  
Vtilis est requies, sit cum moderamine potus.

To fast in Summer doth the body dry,  
Yet doth it good if you thereto inure it,  
Against a surfet vomiting to try,  
As remedy, but some cannot indure it:  
Yet some so much themselves found helpt thereby,  
They go to Sea a purpose to procure it.  
Foure seasons of the yeare there are in all,  
The Summer and the Winter, Spring and Fall.

## SCHOLA S ALERNI.

In euery one of these, the rule of reason  
 Bids keepe good dyet, suting euery season.  
 The Spring is moyst, of temper good and warme,  
 Then best it is to bath, to sweet, and purge,  
 Then may one ope a veine in either arme,  
 If boyling blood oz feare of agues bryge:  
 Then Venus recreation doth no harme,  
 Yet may too much thereof turne to a scourge.  
 In Summers heat when Choller hath dominion,  
 Cole meates and moysture best in some opinion,  
 The Fall is like the Spring, but endeth colder,  
 With wines and spice the winter may be bolder.

### *80 Præceptum.*

Ossibus ex denis bis centenisque novenis,  
 Constat homo, denis bis dentibus & duodenis.  
 Ex ter centenis decies sex quinqueque venis.

Now if perhaps some haue desire to knowe  
 The number of our bones, our teeth, our veines,  
 This verse ensuing plainly doth it shew,  
 To him that doth obserue it taketh paines:  
 The teeth thryse ten, and two: twise eight arow:  
 Elleuenscore bones saue one in vs remaines:  
 For veines that all may baine in vs appeare,  
 A veine we haue for each day in the yeare:  
 All these are like in number and connexion,  
 The difference growes in bigneſſe and complexion.

### *61. Præceptum.*

Quatuor humores in humano corpore constant,  
 Sanguis cum cholera, phlegma, melancholia.  
 Terra melancholicis, Aqua confertur pituitz,

## THE SCHOOLE OF HEALTH.

Aër Sanguineis, ignea vis Cholera.

Four humors raige within our bodies wholly,  
And these compared to foure Elements:  
The Sanguin, Choller, flegme and melancholy,  
The latter two are heauy, dull offence,  
The other are moze Iouiall, quick and Joly,  
And may be likened thus (without offence)  
Lyke ayre both warme and moyft, is Sanguin cleare,  
Lyke fire both Choller hot and dry appeares:  
Lyke water, cold and moist is Flegmatique,  
The Melancholy cold, dry earth is like.

82. *Præceptum.*

### DE COMPLEXIONE SANGVINEA.

Natura pingues isti sunt atque jocantes,  
Rumoresque novos cupiunt audire frequenter.  
Hos Venus & Bacchus delectant, fercula, risus.  
Et facit hos hilares, & dulcia verba loquentes.  
Omnibus hi studiis habiles sunt, & magis apti.  
Qualibet ex causa non hos facile excitat ira.  
Largus, amans, hilaris, ridens, rubeique coloris,  
Cantans, carnosus, satis audax, atque benignus.

Complexions cannot vertue breed or vice,  
Yet may they vnto both giue inclination,  
The Sanguin, gamesome is, and nothing nyce,  
A lone, wyne and women, and all recreation,  
Alykes pleasant tales, and newes, playes, cards & dyce:  
Fit for all company, and euery fashion:  
Though bold, not apt to take offence, not pꛛesall  
But bountifull and kinde. and looking chærefull:  
Inclynning to be fat, and pꛛone to laster,

## SCHOLA SALERNI.

Loves mirth and Musick cares not what come after.

### 83. *Præceptum.*

Est humor cholera, qui competit impetuosus,  
Hoc genus est hominum cupiens præcellere cunctis.  
Hi leviter discunt, multum comedunt, cito crescunt.  
Inde & magnanimi sunt, largi, summa petentes.  
Hirsutus fallax, irascens, prodigus, audax,  
Astutus, gracilis, siccus, croceique coloris.

Sharpe Choller is an humor most pernicious,  
All violent and fierce, and full of fire,  
Of quick conceit, and therewithall ambitious,  
Their thoughts to greater fortunes still aspire:  
Proud, bountifull enough, yet oft malicious,  
A right bold speaker, and as bold a liar,  
On little cause to anger great inclin'd,  
Much eating still, yet ever looking pin'd:  
In yonger yeares they vse to grow apace,  
In Elder hairy on their brest and face.

### 84. *Præceptum.*

Phlegma dabit vires modicas, laticque, brevesque,  
Phlegma facit pinguis, sanguis reddit mediocres,  
Ocia non studio tradunt, sed corpora somno.  
Sensus hebes, tardus motus, pigritia, somnus,  
Hic somnolentus, piger, & sputamine plenus.  
Est huic sensus hebes, pinguis, facie color albus,

The Flegmatique are most of no great growth,  
Inclining rather to be fat and square:  
Given much unto their ease, to rest and slouth,  
Content in knowledge to take little share,

## THE SCHOOLE OF HEALTH.

To put themselves to any paine most loth,  
So dead their spirits, so dull their senses are:  
Still either sitting like to folke that dreame,  
Or els still spitting to auoyd the flegme:  
One quality doth yet these harmes repaire,  
That for the most part Flegmatique are faire.

### 85. *Præceptum.*

Restat adhuc tristis cholera substantia nigra,  
Quæ reddit prauos, pertristes, pauca loquentes.  
Hi vigilant studiis, nec mens est dedita somno.  
Servant propositum, sibi nil reputant fore tutum,  
Invidus, & tristis, cupidus, dextraeque tenacis,  
Non expers fraudis, timidus, luteique coloris.

The Melancholy from the rest do varie,  
Both sport and ease, and company refusing,  
Exceeding studious, euer solitary,  
Inclining pensive still to be, and musing,  
A secret hate to others apt to cary.  
Most constant in his choise, thogh long a choosing,  
Extream in love sometime, yet seldome lustfull.  
Suspicious in his nature, and mistrustfull:  
A wary wit, a hand much giuen to sparing,  
A heauy looke, a spirit little daring.

### 86. *Præceptum.*

Hi sunt humores, qui præstant cuique colores.  
Omnibus in rebus ex phlegmate fit color albus.  
Sanguine fit rubeus, cholera rubea quoque rufus.

*Peto*



## SCHOLA SALERNI.

Know though we giue these humors severall names,  
 Yet all men are of all participant,  
 But all haue not in quantity the same,  
 For some (in some) are more predominant,  
 The colour shewes from whence it lightly came,  
 Or whether they haue blood too much, or want,  
 The watry signatike are fair and whyte,  
 The Sanguin Roses joynd to Lillies bright:  
 The Cholerick more red: the Melancholy,  
 Alluding to their name are swart and coly.

### 87. *Præceptum.*

Si peccet sanguis, facies rubet, extrahit ocellus,  
 Infantur genæ corpus nimiumque gravatur,  
 Est pulsusque frequens, plenus, mollis, dolor ingens,  
 In primis frontis, fit constipatio ventris,  
 Siccaque lingua, sitis, sunt somnia plena rubore.  
 Dulcor adest sputi, sunt acria dulcia quæque.

If Sanguin humor do too much abound,  
 These signes will be thereof appearing chéste,  
 The face will swell, the cheeks grow red and round,  
 With staring eyes, the pulse beat soft and bráste,  
 The veines exceed, the belly will be bound,  
 The temples and the fore-head full of gráste,  
 Unquiet sleepes, that so strange dreames will make  
 To cause one blush to tell when he doth wake:  
 Besides the moisture of the mouth and spittle,  
 Will taste too sweet, and seeme the throat to tickle.



## THE SCHOOLE OF HEALTH.

### 88. *Præceptum.*

Accusat cholera dextræ dolor, aspera lingua,  
Tinnitus, vomitusque frequens, vigilantia multa,  
Multæ sitis pinguisque egestio, tormina ventris.  
Nausea fit, morsus cordis, languescit orexis.  
Pulsus adest gracilis, durus, veloxque, calefcens.  
Aret, amarescitque, incendia somnia fingit.

If Choller do exceed, as may sometime,  
Your eares will ring and make you to be wakefull,  
Your tongue will seeme all rough, and oftentimes  
Cause vomits, vnaccustomed and hatefull:  
Great thirst, your excrements are full of slime,  
The stomack squeamish, sustenance vngratefull:  
Your appetyte will seeme in noight delighting,  
Your heart still grieued with continuall byting,  
The pulse beat hard and swift, all hot extreame,  
Your spittle sowre, of fire worke oft your dreame.

### 89. *Præceptum.*

Phlegma supergrediens proprias in corpore leges,  
Os facit insipidum, fastidia crebra, salivas,  
Costarum, stomachi, simul occipitisque dolores.  
Pulsus adest rarus, tardus, mollis, quoque inanis.  
Præcedit fallax phantasmata somnus aquosa.

If Flegme abundance haue due limits past,  
These signes are here set downe will plainly shew.  
The mouth will seeme to you quite out of taste,  
And apt with moisture still to ouerflow:  
Your sides will seeme all soze downe to the waste,  
Your meat wax loathsome, your digestion slow:  
Your

## SCHOLA SALERNI.

**Y**our head and stomack both in so ill taking,  
**O**ne seeming euer gripping t'other aking:  
**W**ith empty veines the pulse beat slow and soft,  
**I**n sleepe, of Seas and Riuer's dreaming oft.

### 90 *Præceptum.*

Humorum pleno dum sex in corpore regnat,  
 Nigra cutis, durus pulsus, tenuisque urina.  
 Sollicitudo, timor, tristitia, somnia tetra.  
 Coacescunt ructus, sapore & sputaminis ambo.  
 Levaque præcipuè tinnit vel sibilat auris.

**B**ut if that dangerous humoꝝ ouer-raigne,  
**O**f Melancholy, sometime making mad,  
**T**hese tokens then will be appearing plaine,  
**T**he pulse beat hard, the colour darke and bad:  
**T**he water thin, a weake fantastick braine,  
**F**alse-grounded ioy, or else perpetuall sad:  
**A**ffrighted oftentimes with dzeames like visions,  
**P**resenting to the thoght ill apparitions,  
**O**f bitter belches from the stomack comming,  
**H**is eare (the left especiall) euer burning.

### 91. *Præceptum.*

Denus septenus vix phlebbotomon petit annus.  
 Spiritus uberiorque cxit per phlebbotomian,  
 Spiritus ex potu vini mox multiplicatur,  
 Humorūque cibo damnum lentè reparatur.  
 Lumina clarificat, sincerat phlebbotomia  
 Mentes & cerebrum, calidas facit esse medullas.  
 Viscera purgabit, stomachum, ventremque coercet,  
 Puros dat sensus, dat somnum, radia tollit.  
 Auditus vocem, vires producit & auget.

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## THE SCHOOLE OF HEALTH.

Against these severall humors over-flowing,  
As severall kinds of Physick may be good,  
As dyet, drinke, not baths, whence sweat is growing,  
With purging, vomiting, and letting blood:  
Which taken in due tyme, not overflowing,  
Each malladies infection is withstood,  
The last of these is best, if skill and reason,  
Respect of age, strength, quantity and season.  
Of leucity from leventene if blood abound,  
The opening of a veine is healthfull sound.  
Of bleeding many profits grow and great,  
The spirits and senses are renew'd thereby:  
Thogh these men slowly by the strength of meat,  
But these with wyne restor'd are by and by.  
By bléeding to the marrow commeth heat,  
It maketh cleane your braine, relâxes your eye,  
It mends your appetyte, restozeth sleepe,  
Correcting humors that do waking képe,  
All inward parts and senses also clearing,  
It mends the voyce, touch, smel, and taste, and hearing.

### 92. *Præceptum.*

Tres insunt istis. Maius, September, Aprilis;  
Et sunt Lunares, sunt veluti Hydra dies.  
Prima dies primi, postremaque posteriorum.  
Nec sanguis minui, nec carnibus anseris uti.  
Sit senium atque iuventa licet, si sanguis abundat.  
Omni mense probè confert incisio venæ.  
Hi sunt tres menses, Maius, September, Aprilis,  
In quibus eminus, ut longo tempore vivas.

Lib:ée

## SCHOLA SALERNI.

Thre speciall Months (September, Aprill, May)  
 There are in which tis good to ope a veine:  
 In these thre Months the Pone beares greatest sway,  
 Then old or yong that stoz of blood containe,  
 May blæd now, though some elder wizarde say  
 Some dayes are ill in these, I hold it vaine:  
 September, Aprill, May, haue dayes apæce,  
 That blæding doe forbid, and eating Geese:  
 And those are they forsooth of May the first,  
 Of other two, the last of each are worst.

### 93. *Præceptum.*

Frigida natura, & frigen regio, dolor ingens;  
 Balnea, post coitum, minor ætas, atque senilis.  
 Morbus prolixus, repletio potus & escæ.  
 Si fragilis, vel subtilis sensus stomachi sit.  
 Et fastiditi tibi non sunt phlebotomandi.

But yet those dayes I grant, and all the rest,  
 Haue in some cases just impediment:  
 As first, if nature be with cold oppress,  
 Or if the Region, Ile, or Continent  
 Doe scorch or fræze, if stomack meat detest:  
 If Baths or Venus late you did frequent:  
 For old, nor young, nor drinkers great are fit,  
 Not in long sicknesse, nor in raging fit:  
 Or in this case if you will venture blæding,  
 The quantity must then be most exceeding.

### 94. *Præceptum,*

Hæc facienda tibi quando vis phlebotomari.

Vet

## THE SCHOOLE OF HEALTH.

Vel quando minuis, fueris vel quando minutus,  
Vnctio, sive lavacrum, & potus, fascia, motus,  
Debent non fragili tibi singula mente teneri.  
Exhilarat tristes, iratos placat amantes  
Ne sint amentes, phlebotomia facit.

When you to blée intend, you must prepare  
Some needfull things both after and before,  
 warme water and sweet Oyle, both needfull are,  
 And wyne, the fainting spirit to restore:  
 Fyne binding-clothes of linnen, and beware,  
 That all the morning you do sleepe no more:  
 Some gentle motion helpeth after bléeing,  
 And on light meats a spair and temperat feeding:  
 To blée doth chère the pensive, and remoue  
 The raging furies bred by burning loue.

### 95. *Præceptum.*

Fac plagam largam mediocriter, ut citò fumus  
Exeat uberius, liberiusque cruor.  
Sanguine subtracto, sex horis est vigilandum,  
Ne somni fumus lædat tibi sensile corpus,  
Ne nervum lædas, non sit tibi plaga profunda:  
Sanguine purgatus ne carpas protinus escas.

Make your incision large and not too deepe,  
 That blood haue speedy issue with the sume,  
 So that from sinewes you all hurt do keepe,  
 Nor may you (as I toucht before) presume  
 In five ensuing houres at all to sleepe,  
 Lest some slight bruise in sleepe cause an apostomie.

## SCHOLA SALERNI,

### 96. *Præceptum.*

Omnia de lacte vitabis ritè minutus,  
Et vitet potum phlebotomatus homo,  
Frigida vitabit, quia sunt inimica minutis,  
Interdictus eritque minutis nubilus aer.  
Spiritus exultatque minutis luce per auras.  
Omnibus apta quies, & motus sæpè nocivus.

Eat not of milke, nor ought of milke compounded,  
For let your braine with much drinke be confounded;  
Eat no cold meats, for such the strength impaire;  
And shun all misty and unwholesome ayre.

### 97 *Præceptum.*

Principio minuas in acutis, perperacutis,  
Ætatis mediæ multum de sanguine tolle,  
Sit puer, atque senex, tollet uterque parum.  
Ver tollat duplum, reliquum tempus tibi simplum,

Besides the former rules for such as pleases,  
Of letting blood to take more obseruation,  
Know in beginning of all sharpe diseases,  
Tis counted best to make euacuation:  
Too old, too yong, both letting blood displeases,  
By yeares and sicknesse make your computation:  
First in the Spring for quantity you shall  
Of blood take twyse as much as in the Fall:

### 98. *Præceptum.*

Ver, æstas, dexteras, autumnus hyemsque sinistras.  
Quatuor hæc membra, hepar, pes, cepha, cor, vacuanda  
Æstas hepar habet, ver cor, sicque ordo sequetur.

## THE SCHOOLE OF HEALTH.

In Spring and Summer let the right arme blood,  
The Fall and Winter for the left are good.  
The Heart and Leuer Spring and Summers bléding  
The Fall and Winter hand and foot both mend.

### 99. *Præceptum.*

Ex salvatella tibi plurima dona minuta,  
Splenem, hepar, pectus, vocem, præcordia purgat,  
Innaturalē tollit de corde dolorem.

One veine cut in the hand doth helpe excéding,  
Unto the splene, voyce, brest, and intrailes lend,  
And swages griefes that in the heart are bléding.

### *The Translator to the Reader.*

But here the Salerne Schoole doth make an end.  
And here I cease to wypte, but will not cease  
To wish you live in health, and die in peace:  
And ye our Physica roles that friendly read,  
God grant that Physick you may neuer néede.

## FINIS.

